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ABSTRACT

This book focuses on the personal development of parents and children. It gives ideas on how to increase family members' self esteem by teaching them to value themselves. The book's open format allows readers to use it in any way they choose. Offered here are numerous suggestions for understanding family dynamics, along with a myriad of techniques on changing unhealthy exchanges into positive interactions. Discussed in the book's 26 chapters are leadership styles, parental characteristics, beliefs, avoidance behaviors, bonding, child abuse, communication, criticism, the danger of competition, discipline, divorce, expectations, extended families, empowerment, faulty thinking, self-esteem builders, feelings, forgiveness, grandparents, guidance, guilt, labelling children, listening skills, locus-of-control, love, mistakes, negative behavior, responses to behavior, perfectionism, play, problem solving, relationships, reparenting yourself, reward/punishment systems, self-awareness, self-defeating behavior, self-esteem, self-talk, shame, television viewing, touching, trust, characteristics of winning families, and the power of words. Included are lists of parenting resources, recommended readings, and an index. (RJM)



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